## Recipes for Repair: Phase 2 Shopping List

The diet Phases are cumulative so ingredients introduced in Phase 1 may be used in Phase 2 recipes. The ingredients listed below are include all permissible ingredients in the first two Phases of the diet, whether or not they are included in the recipes.

As with Phase 1, plan your meals for the week using our downloadable Meal Planning grid found at www.recipesforrepair.com/ resources. Go through each recipe and mark down how much of the following you need. Bring this list with you to make your shopping trip more efficient. Non-perishables can often times be purchased online for better prices than in the store. Go to "Our Favorite Products" under the Shop menu item on our website for some great online deals.

Beverages	Sunflower seeds	Beans and Legumes	Virgin olive oil
Vanilla extract	Walnuts		
		Chickpeas	<u>Sweeteners</u>
<u>Beverages</u>	<u>Vegetables</u>	Kidnev beans	Coconut nectar
Açai juice		Lentils	Coconut palm sugar
Black tea		Navy beans	Honey
Blackberry juice	Arugula	Peas	Lakanto
Blueberry juice		PINIO DEANS	Maple syrup
Carbonated water	Beets		Raw honey
Cherry juice	Bok choy		Sorbitol
Cranberry juice			Stevia
Green tea	Brussels sprouts	Haddock	Xylitol
Pomegranate juice	Cabbage	Halibut	Othor
Pure filtered water	Carrots	Flounder	<u>Other</u>
Raspberry juice		Lamb	Almond extract
Rooibos tea		Mackerel	Baking soda
Vegetable juice		Salmon	Coconut aminos
	Chard	Sardines	Coconut extract
<u>Fruits</u>	Collard greens		Coconut kefir
Açai	Cucumber	Tilapia	Cream of tartar
Apricot	Dulse	•	Mint extract
Avocado	Fennel	White meat chicken or turkey —	Psyllium husk powder
Blackberries			Raw apple cider Vinegar
Blueberries	Hijiki		Vanilla extract
Cantaloupe	Kale		List additional facels
Cherries		5 1 6	<u>List additional foods</u>
Coconut		61 1	you may want prior to
Cranberries	Kombu		<u>upcoming diet Phases</u>
Date			
Fig			
Green apple		6:	
Mango			
Olives			
Pear			
Pineapple			
Plum		Lemon grass	
Pomegranate			
Prune			
Raspberry			
Watermelon			
	Sweet potato		
Nuts and Seeds	Tapioca (cassava)		
Almonds	Wakame		
Brazil nuts	Wasabi		
Caraway seeds			
Cashews		Thyme	
Chia seeds		,	
Flaxseed	Brown rice	<u>Fats</u>	
Pecans			
Pine nuts			
Poppy seeds			
Pumpkin seeds	Wild rice		
Sesame seeds		(w/ out trans fats)	

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